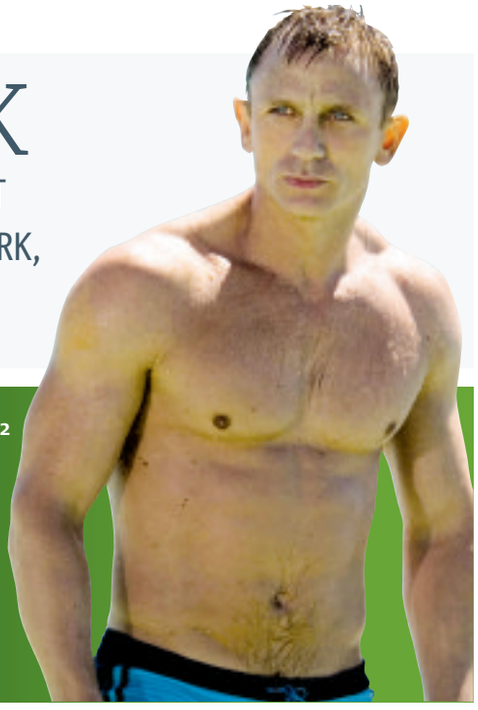
A long journey to stardom

Four-and-a-half year's since Journey found a new front man via YouTube, the singer, Arnel Pineda, tells Metro of his own journey from the Philippines to the U.S. PAGE 8

BOND IS BACK

LEAD MAN DANIEL CRAIG IS CONFIDENT NEXT 007 FLICK SETS A NEW BENCHMARK, DESPITE ITS DELAY CAUSED BY STUDIO MGM'S FINANCIAL WOES PAGE 7



REGINA metro®

Monday, April 30, 2012

News worth sharing.

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HEALTH OF A RUN

The Regina Police Services 8th annual half marathon, which promotes healthy lifestyles for its members and the community, took place Sunday. First place went to Regina's Ted Jaleta, right, who clinks glasses of an energy drink with second-place finisher Gerry Nagy of Weyburn. See story, page 2.

CARRIE-MAY SIGGINS/METRO

Choke's in for parking downtown

Lack of response. Official admits that city's initiatives to meet immediate problems of downtown parkers are 'pretty light'

M E POWELL
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Parking in Regina's downtown is a challenge, and city hall is well aware of that.

"With the amount of construction we're seeing downtown it's generating a need for more parking space," says Jason Carlston, general manager, planning and development.

Construction results in increased employment, Carlston adds, but even with requirements for underground parking in new buildings, employees use some parking spaces once available for shoppers and others.

Some 12,000 parking stalls serve downtown Regina, he says, including parking structures, surface parking, and about 1,300 parking meters.

Metered parking cost $1 an hour and make the city about $1.4 million per year, with an additional $1.6 million generated from parking fines.

Parkades charge between $4 and $11 a day, according to Regina Downtown brochures.

A few strategies such as 90-degree stalls have created more parking.

But so far, Carlston admits the city's initiatives to meet immediate problems of downtown parkers are "pretty light."

"We're aware of a number of tools, technologies and initiatives that could go on," Carlston adds.

"It's a matter of lining up which ones Regina needs the most, and looking at the short-term, medium-term and long-term recommendations."

More coverage, page 2

Waiting game in Thailand

Sri Lankan Tamil migrants live life in limbo in Thailand, as Canada leads battle against human trafficking PAGE 3

A struggle to seek revenge

One year later, al-Qaida still dreams of payback for the death of Osama bin Laden, warn U.S. officials PAGE 4

Facebook not end of the road

No retirement in sight for Facebook co-founder Dustin Moskovitz, who believes work is an 'act of humanity' PAGE 5

Flyers steal it in overtime

OT goal from Flyers' centre Danny Briere leads his team to a 4-3 win over the New Jersey Devils in Game 1 PAGE 14

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NEWS

On the web

Channeling hope for a dolphin

A wayward dolphin that has spent three days in a narrow wetlands channel along the southern California coast was on its way out to the ocean Saturday when it suddenly turned tail and swam back to shallow waters. Watch at metronews.ca

Fifty Shades of steaminess with Ellen

While hundreds of readers flocked to book-signings and sold-out talks by Fifty Shades of Grey author E L James over the weekend, some are finding the novels hard to digest. Watch Ellen Degeneres read the steamy novel at metronews.ca.

Mobile news

Glimmers of hope are appearing in Haiti's devastated capital as hotels rise over a city still filled with displaced-persons camps housing hundreds of thousands. At least seven hotels are under construction or are in the planning stage in Port-au-Prince and its surrounding areas, which could soon be filled with investors and tourists. Scan the code for the story.

Flying away at International Dance Day

Krista Solheim and Rob Doherty perform Flying Away at Blueprint #4, a series presented by New Dance Horizon that brings works-in-progress to the stage. Sunday was International Dance Day, introduced in 1982 as a day to celebrate dance.

CARRIE-MAY SIGGINS/METRO

No easy turns in drive for parking congestion relief

Master plan. City eyes different strategies, seeks public input

M.E. POWELL
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The City of Regina took over parking enforcement from the Regina Police Service in January. Now, city administrators are looking to a new traffic study and the Transportation Master Plan to give direction for its parking needs.

People will be asked for input on the Transportation Master Plan at public meetings in May, following up on earlier Design Regina community plan sessions. The new traffic study will also include public input, says Jason Carlston, general manager, planning and development.

The city has tried a few strategies to create more parking, such as switching 45-degree parking stalls to 90-degree stalls in some downtown areas. "We've made changes as we've changed some street-scapes, but we haven't looked at it from the holistic perspective," he says.

The goal is to have a balance between employee parking and two-hour discretionary parking.

"We're in a bit of a transition, and people will be required to maybe walk a little further from their parking to their destination," Carlston says. "We're looking at ways to encourage reducing the number of single-occupancy vehicles coming into the downtown, and looking at different forms of getting into the downtown."

Jason Carlston. HANDOUT

The future of parking:

- Longer-term solutions might include more tiered parkades and technology such as parking kiosks to replace traditional parking meters, says Jason Carlston, general manager of planning and development.
- A meter is assigned to a specific spot on the street. With the kiosk, drivers would pay for the space and time they require. Also, it clears when the vehicle drives off, eliminating money left on the meter for the next driver.

For example, he suggests using the bus more often, or using alternate methods of transportation, including carpools initiated by the carpool.ca website www.regina.ca/residents/environment/carpool.

Parking needs — and parking tickets — should be considered in advance, Carlston said.

"Enforcement is important, so that stalls do turn around as they should, or that people aren't parked where they shouldn't be."

Andrea McNeil-Wilson, manager of licensing and municipal fines, agrees tickets and fines are a deterrent to make more parking spaces available. The new study should help Regina develop a "best practice" model in line with other cities across the country, she says.

"Nobody wants to get a parking ticket," she says.

"One of the things that will be touched on in this parking study is the type of enforcement that we need, the number of enforcement resources that we need, and where we need to be focusing these efforts."

RPS marathon. Local runner Ted Jaleta wins third race in a row

It was wet, cloudy and cool on Sunday — not great weather for a picnic, but perfect for the more than 850 runners and walkers who participated in the 21-km Regina Police Services (RPS) Half-Marathon.

The RPS Half-Marathon began in 2004 as a way to promote healthy lifestyles, to members of the RPS and the community. The race has hosted over 3,200 runners, walkers and relay teams over the years.

Without a soul in sight behind him, Ted Jaleta of Regina crossed the finish line with a time of 01:19:40, his third straight win and the fifth time he's finished in the top three. A minute later, Gerry Nagy of Weyburn finished his run, coming in second.

The top female runner was Alix Fox, who came in at 01:33:43.

"I feel great," said Jaleta, minutes after he finished the race.

For Jaleta, 57, the RPS half-marathon covers less ground than he typically runs on a Sunday. His way of keeping in shape is to run 10 kilometres a day, every day of the week, except on Sundays, which is reserved for his 30K run.

Jaleta, originally from Ethiopia, works at Revenue Canada but is also a running coach. He used to coach for the University of Regina Cougars track team and had recruited Vancouver's Sun Run winner, Kelly Weibe of Regina.

His advice for runners? "Stay structured. Also, join a running group. It will get you motivated and keep you honest."

CARRIE-MAY SIGGINS/METRO

Quebec tuition war

Student group says no to offer of tuition increase over seven years

One of Quebec's most powerful student groups has shot down Premier Jean Charest's revised offer on tuition fees.

The C.L.A.S.S.E. student federation voted against Charest's proposal to stretch the tuition increase over seven years instead of five. Two other student groups are still debating. THE CANADIAN PRESS

Transparency?

Mulcair will push to lift Harper's veil of secrecy

NDP Leader Tom Mulcair is working to lift the shroud of secrecy he believes has spread over Ottawa under the Harper government.

In keeping public information under wraps, the government is unlike any ever seen in Canada, he says, adding he will fight for transparency. THE CANADIAN PRESS

Too big for coyotes?

Wolves may be back in Nfld and New Brunswick

The sightings of two suspected wolves in Atlantic Canada in recent weeks has experts wondering why the animals may be where they have not been seen for decades.

An 82-pound canine was shot in Newfoundland in early March. At the beginning of April, a 90-pound animal was shot in New Brunswick. The province's Natural Resources Department took samples for DNA testing.

Biologists believe wolves were hunted to extinction in New Brunswick by 1860. THE CANADIAN PRESS

Hang-gliding death

Detached from her harness

The RCMP is investigating after a woman, 27, fell to her death from a hang glider in B.C.'s Fraser Valley. Her boyfriend was next in line and was watching when she fell. THE CANADIAN PRESS

Vashni, whose identity cannot be revealed to protect her safety, seen in Bangkok. PAUL CHIASSON/THE CANADIAN PRESS

Life in limbo in Thailand—the wait

Caught in the middle. Waiting in Bangkok, "collateral damage" in the war on human smuggling

All wars cause collateral damage.

Vashni is collateral damage in Canada's war on human smugglers.

The soft-spoken Tamil woman in her 30s lives one step ahead of the law in Thailand and longs to be reunited with her elderly parents in Toronto.

But she would never resort to using one of the notorious smugglers who operate out of Bangkok to make that happen. "I don't want to take that risk," she explains.

Vashni's identity is not being revealed. Canada launched an effort to prevent smugglers from reaching our shores. THE CANADIAN PRESS

An "illegal migrant"

Thailand doesn't recognize international refugee law, it considers people like Vashni to be illegal migrants.

They must apply to the UN for refugee status. If successful, they wait for a third country to grant them residency.

Canadian on death row

Will plead for his life at hearing

The lone Canadian on death row in the United States is expected to make a plea for his life at his clemency hearing in Montana this week.

Ronald Smith, 54, has been on death row since 1982 after he and an accomplice, both high on drugs, marched Thomas Running Rabbit and Harvey Mad Man Jr. into the woods and shot both of them in the head.

It was a cold-blooded crime. They wanted to steal the men's car, but Smith also said he wanted to know what it was like to kill someone.

His is the final name on the list of 16 witnesses put forward by his attorneys for the two-day clemency hearing before the Montana Board of Pardons and Parole beginning Wednesday.

The hearing is being held near the penitentiary where Smith has spent the last three decades. THE CANADIAN PRESS

Aboriginal cases. Judges to weigh-in on jury makeup for in First Nation cases, two cases on appeal

The makeup of juries in Ontario goes on trial this week as two convicted killers fight their guilty verdicts in a case that goes to the heart of the justice system.

At issue before the province's top court is whether the aboriginal men were treated shabbily because on-reserve First Nations people were excluded from the juries that convicted them.

"Our society has proven to be very efficient at charging First Nations and jailing First Nations," said defence lawyer Julian Falconer.

"We don't seem so good at constructively involving First Nations in the justice system, such as their participation in the jury system," he said.

Last summer, the Ontario Court of Appeal upheld a manslaughter conviction against Clifford Kokopenace as reasonable.

However, in an unusual twist, the court put the ruling on hold in light of the constitutional challenge sparked by the jury-representation issue.

A non-aboriginal jury in Kenora, Ont., convicted Kokopenace in 2008 of stabbing a friend to death.

Also involved in the Court of Appeal hearing is Clare Spiers. He was convicted of first-degree murder in 2007 in Barrie for kidnapping a woman and slitting her throat. No on-reserve residents were among the people offered for his jury.

The years-long under-representation of aboriginals first came to light at coroner's inquests in northern Ontario in 2007.

While Spiers is primarily taking issue with how potential jurors were vetted — the question of representation is also at play.

The years-long under-representation of aboriginals first came to light at coroner's inquests in northern Ontario into the 2007 deaths of Jacy Pierre, who died in police custody, and teenager Reggie Bushie, who drowned.

The issue paralyzed jury proceedings — criminal, civil and inquest — in the region, as judges put other murder and fraud cases on hold.

In March last year, Justice John Laskin was highly critical of how the Pierre and Bushie families were stonewalled when they made "reasonable" requests for information on the makeup of coroner's juries.

"They did not get any answers; instead they got a runaround,'' Laskin wrote. THE CANADIAN PRESS

Important appeal hearing

A Court of Appeal decision in their favour would have implications for how the Ministry of the Attorney General selects potential jurors. It might also offer grounds for similar court challenges.

- **For its part, the Ontario government argues an accused has no "absolute right" to a representative jury.**
- **Ontario also argues that justice officials did their best to ensure representative juries, but were stymied by privacy legislation and lack of co-operation by First Nation leaders.**
- **The comments by Justice Laskin prompted the Ontario government to set up a judicial inquiry. Former Supreme Court of Canada justice Frank Iacobucci is due to report by August.**

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Weakened al-Qaida still dreaming of U.S. attack a year after leader's death

Bin Laden. U.S. citizens in Pakistan and beyond are being warned to be vigilant ahead of May 2 anniversary

A year after the U.S. raid that killed Osama bin Laden, al-Qaida is hobbled and hunted, too busy surviving for the moment to carry out another 9-11-style attack on U.S. soil.

But the terrorist network dreams still of payback, and U.S. counterterrorist officials warn that, in time, its offshoots may deliver.

A decade of wars in Iraq and Afghanistan that has cost the U.S. about $1.28 trillion and 6,300 U.S. troops' lives has forced al-Qaida's affiliates to regroup, from Yemen to Iraq.

Bin Laden's No. 2, Ayman al-Zawahri, is thought to be hiding, out of U.S. reach, in Pakistan's mountains, just as bin Laden was for so many years.

"It's wishful thinking to say al-Qaida is on the brink of defeat," says Seth Jones, a Rand analyst and adviser to U.S. special operations forces. "They have increased global presence, the number of attacks by affiliates has risen, and in some places like Yemen, they've expanded control of territory."

U.S. officials say bin Laden's old team is all but dismantled. But they say new branches are hitting Western targets and U.S. allies overseas, and still aspire to match their parent organization's milestone of Sept. 11.

THE ASSOCIATED PRESS

Terrorism

U.S. counterterrorist forces have killed roughly half of al-Qaida's top 20 leaders since the raid that killed bin Laden.

- That includes U.S.-born cleric Anwar al-Awlaki, killed by a drone in Yemen last September, less than six months after bin Laden's death.
- Only a few of the original al-Qaida team remain, and most of the new names on the U.S. target lists are relative unknowns, officials say.

Re-building New York City's skyline

One World Trade Center towers above the Lower Manhattan skyline and Hudson River in New York in this March 26 file photo. One World Trade Center, the giant monolith being built to replace the twin towers destroyed in the Sept. 11 attacks, will lay claim to the title of New York City's tallest skyscraper on Monday as workers erect steel columns that will make its unfinished skeleton a little over 1,250 feet. The so-called Freedom Tower isn't expected to reach its full height for at least another year, at which point it is likely to be declared the tallest building in the U.S. MARK LENNIHAN/THE ASSOCIATED PRESS

Nigeria

Gunmen kill 16 worshippers

Gunmen attacked church services on a university campus Sunday in northern Nigeria, using small explosives to draw out and gun down panicking worshippers in an assault that killed at least 16 people, officials said.

The attackers targeted an old section of Bayero University's campus where religious groups use a theatre and other areas to hold worship services, Kano state police spokesman Ibrahim Idris said.

The assault left many others seriously wounded. No group immediately claimed responsibility. However, Idris said the attackers used small explosives packed inside of aluminum soda cans for the assault, a method previously used by a radical Islamist sect known as Boko Haram.

After the attack, police and soldiers cordoned off the campus as gunfire echoed in the surrounding streets. Soldiers also turned away journalists from the university.

THE ASSOCIATED PRESS

Boko Haram

The Islamist sect is waging a sectarian battle with Nigeria's central government.

- The sect has been blamed for killing more than 450 people this year alone, including Christians, Muslims and government officials.

Presidential roast. Obama laughs off Secret Service scandal, Trump

President Barack Obama scattered the barbs during the annual White House Correspondents' Association dinner as he poked fun at election races past and present, the Secret Service and Donald Trump.

Even the entrance to his speech Saturday night was part of his comic performance. The president walked off stage just before he took the podium with an alleged "hot mic," in reference to getting caught last month on an open microphone with Russian President Dmitry Medvedev.

"What am I doing here," he asks off stage. "I'm opening for Jimmy Kimmel and telling knock-knock jokes to Kim Kardashian."

Once on stage, the president revisited last year's dinner, which took place as Navy SEALS were dispatched to capture and kill Osama bin Laden.

"Last year at this time, this very weekend, we finally delivered justice to one of the world's most notorious individuals," Obama said. Then a picture of real estate mogul Donald Trump appeared on the room's television monitors.

The president last year delivered a scathing roast of Trump, who flirted with running for the Republican nomination and claimed he had solved the "mystery" of Obama's birth certificate.

THE ASSOCIATED PRESS

Airborne beer tent

One dead after storm lifts beer tent

A fast-moving storm ripped a large beer tent near Busch Stadium from its moorings and sent it and debris hurtling through the air Saturday, killing one person, seriously injuring several others and causing a panic among the many St. Louis Cardinals fans inside.

The tent collapse at Kilroy's Sports Bar near Busch Stadium — one of several that cater to spillover bar crowds — happened about 80 minutes after St. Louis' 7-3 victory over the Milwaukee Brewers in a major league baseball game.

Seventeen of the roughly 200 people in the tent were taken to hospitals and up to 100 others were treated at the scene.

THE ASSOCIATED PRESS

Blind Chinese dissident escapes house arrest

Breaking free. Chen Guang, a self-taught legal activist, campaigned for human rights

The surprising escape of a blind legal activist from house arrest to the presumed custody of U.S. Diplomats is buoying China's embattled dissident community even as the government lashes out, detaining those who helped him and squelching mention of his name on the Internet.

The flight of Chen Guangcheng, a campaigner for disabled rights and against coercive family planning, is a challenge for China's authoritarian government and, if it's confirmed he is in U.S. custody, for Washington too. Assistant Secretary of State Kurt Campbell began a hurried mission to Beijing on Sunday to smooth the way for annual talks involving his boss, Hillary Clinton, Treasury Secretary Timothy Geithner and scores of officials.

Escaped human activist Chen Guang. BOXUN.COM/THE ASSOCIATED PRESS

Though Chen — a self-taught legal activist described by friends and supporters as calm and charismatic — hardly seems a threat, security forces and officials have reacted angrily, detaining several of his supporters. A nephew who fought with officials after the escape was discovered is on the run.

Police showed up at the home of veteran activists Zeng Jinyan and Hu Jia, who met with Chen last week while he was hiding in Beijing.

THE ASSOCIATED PRESS

Analysis

U.S. seeks balance with China

A top White House aide on Sunday said President Barack Obama wants to strike an "appropriate balance" between advancing human rights and maintaining U.S. relations with China, the first public comments by the administration on its potential involvement in harbouring a Chinese activist on the eve of diplomatic talks between the two world powers.

John Brennan, Obama's counterterrorism adviser, declined to provide details on the incident or say whether the activist, Chen Guangcheng, might be hiding in the U.S. embassy in Beijing as reported.

Chen, who has exposed forced abortions and sterilizations in villages as a result of China's one-child policy, escaped house arrest a week ago in Shandong province in eastern China. Chinese-based activists say he was driven away by supporters and then handed over to others who brought him to Beijing.

THE ASSOCIATED PRESS

DNC List. Telemarketing firms to pay costs of violation investigations

Telemarketers will soon be asked to pony up for the costs of investigating their own industry.

The Conservatives are announcing that they will transfer the costs of probes and enforcement of the Do Not Call List to the industry itself.

The industry already pays for administering the Do Not Call List, which includes about 10.6 million registered phone and fax numbers.

"The government's taking steps to make sure it's sustainable in the long term and will not be funded by the taxpayers, but is instead funded by the telemarketers," said Mike Lake, parliamentary secretary to the Industry minister.

THE CANADIAN PRESS

Countering calls

- The CRTC will consult with the telemarketing companies this fall on how fees will be levied.
- It has imposed more than $2.1 million in fines over three years to firms that violated the rules.
- A recent survey suggested 78 per cent of Canadians on the DNC list felt they were getting fewer calls.

Retail

Pharmacists lose bid for Zellers injunction

A group of Ontario pharmacists has lost its bid for an injunction barring Zellers from selling their patients' records.

A judge says Zellers owns the records and is entitled to sell them.

The judge also says the retailer has agreed to honour patient-file transfer requests and no harm will flow to the eight pharmacists involved in the claim.

Concerned about patient confidentiality, the pharmacists are suing Zellers over the sale of their records. Zellers is closing its 144 pharmacies as part of its sale to U.S.-based Target. THE CANADIAN PRESS

Facebook co-founder back in the startup game

Dustin Moskovitz, co-founder of the collaborative software company Asana, outside his office in San Francisco. ERIC RISBER/THE ASSOCIATED PRESS

Tech trends. Having seen his code change the world once before, Dustin Moskovitz aims high again with new software company

Facebook co-founder and former Mark Zuckerberg roommate Dustin Moskovitz is by many accounts the world's youngest self-made billionaire. But the 27-year-old isn't sipping champagne in the Caribbean.

Instead he's thrown himself back into San Francisco's startup mix, even as Facebook's looming IPO seems likely to send his wealth spiraling even higher.

Work ethic

"If we were just retired, we wouldn't be serving anyone."

Dustin Moskovitz, Facebook co-founder and head of Asana, a new project-management startup

Moskovitz and his friend Justin Rosenstein, a former Facebooker himself worth $150 million, head a company called Asana, which just launched the first paid version of its online project management service.

During a recent interview at their inconspicuous Mission District offices, the pair said they come to work every day because, their fortunes already made, they still have to do something with their lives.

"When we think of work, we think of work as an act of service, as an act of love for humanity," said Rosenstein, 28.

In keeping with the recent startup trend of shunning hierarchies, the pair do not have separate offices but sit among the other employees at Asana, which number 24 in all.

Several marquee tech companies have embraced Asana, the company reports, such as Twitter, LinkedIn and Foursquare. Individual backers betting on Asana include venture-capital celebrities like Peter Thiel and Mark Andreessen, as well as several of Facebook's earliest employees.

THE ASSOCIATED PRESS

Vague figures put smartphone crown in dispute

An industry affiliate tries out the Samsung Galaxy Note at the 2012 International CES tradeshow in Las Vegas. JULIE JACOBSON/THE ASSOCIATED PRESS

Smartphones are the hottest gadgets in the world. But who's the biggest smartphone maker? We don't really know.

Samsung, Apple's chief competitor, gives only vague indications of how many it makes, which means industry watchers come up with widely diverging estimates. Apple reports its iPhone sales down to the thousands. In the January to March period, it shipped 35,0654,000. South Korea's Samsung Electronics Co. may have sold 32 million, 37.5 million or 44.5 million, depending which analyst you believe. The company itself refuses to say.

What's at stake, of course, are bragging rights. More accurate sales figures from Samsung would also be useful to competitors and to partners like wireless carriers and retailers.

When it reported first-quarter results Friday morning, Samsung said only that overall phone shipments were down more than 10 per cent from the fourth quarter, and that smartphone sales were about the same percentage of the company's overall sales as they have been before.

The problem is that Samsung hasn't reported any hard sales figures in a long time, so analysts are applying these vague hints to their own estimates, which in turn are based on vague hints from previous quarters.

There's even a debate about what Samsung's few guideposts really mean. Jan Dawson, an analyst at Ovum, says the analyst community is split over the interpretation of Samsung's reported "300 per cent" increase in smartphone sales in the third quarter of 2011, over the third quarter of 2010.

Analysts and reporters haven't been able to get Samsung to clarify the issue.

THE ASSOCIATED PRESS

Phone sales

- Analysts agree that in terms of overall phone sales, including non-smart ones, Samsung outdid long-time No. 1 Nokia Corp. in the first quarter.
- But they differ on the margin of victory. Nokia said it sold 82.7 million phones. ABI Research's Michael Morgan puts Samsung at 83.4 million, only just ahead. Strategy Analytics has it at 93.5 million.

Allegations. Former SNC-Lavalin exec arrested

A former executive of Canadian engineering giant SNC-Lavalin has been arrested in Switzerland.

A spokeswoman for the Swiss government says Riadh Ben Aissa is accused of fraud and corruption.

Jacqueline Buhlman says in an email to The Canadian Press that the allegations are in connection with alleged business dealings in northern Africa, but won't comment further.

Aissa was the executive vice-president of construction, but parted ways with the company earlier this year along with another SNC executive.

The departures coincided with the results of an internal company investigation into $35 million of payments that SNC said breached its code of ethics.

Aissa's Montreal lawyer was not immediately available for comment on his client's arrest.

SNC has been the subject of two RCMP raids on its offices in the past seven months as the Mounties looked for evidence on the mysterious payments.

THE CANADIAN PRESS

Asbestos. Lawsuit turns in favour of company

An asbestos lawsuit that once resulted in a $322 million US verdict for a Mississippi man has turned in favour of the company he sued.

Thomas Brown's lawyers had called the last year's verdict the largest asbestos award for a single plaintiff in U.S. history.

But it wasn't long before the Mississippi Supreme Court removed the Smith County judge, saying he did not disclose that his parents were involved in similar asbestos litigation.

A new judge threw out the verdict and ordered another trial. The lawsuit was moved to Jones County, where a jury on Wednesday ruled in favour of Union Carbide Corp.

THE ASSOCIATED PRESS

Plaintiff's claim

- Brown claimed he contracted asbestosis after inhaling asbestos dust while mixing drilling mud manufactured by Union Carbide.

Yahoo. Ex-CEO received $16.4M in compensation

Former Yahoo CEO Carol Bartz received a compensation package valued at $16.4 million US in her final year on the job, including a $3 million severance payment after the troubled Internet company abruptly fired her last September.

Bartz, now 63, stands to make even more from the nearly 386,000 shares of restricted stock and nearly 416,000 stock options that vested upon her ouster, according to a Friday regulatory filing from Yahoo Inc.

Former Yahoo CEO Carol Bartz
JUSTIN SULLIVAN/GETTY IMAGES FILE

Options and awards she got earlier in the year tallied at $12 million.

THE ASSOCIATED PRESS

MY BUILDING IS TALLER THAN YOUR BUILDING

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

While it ain't quite Manhattan, there's a mini-competition underway in Regina and Saskatoon for the bragging rights to the tallest building in Saskatchewan.

There are at least eight projects on the books scheduled to soar above 50 metres in the two cities, and at least two of them could be taller than Saskatchewan's current champ, the Delta Regina Hotel.

Regina will retain the crown (she is the Queen City, after all) for a while, at least until the River Landing condos are built in Saskatoon, with construction scheduled to get underway sometime this summer.

Tallest building competition

The new era in Saskatchewan urban development began with the now nearly-complete Mosaic Potash Tower, the first high-rise in Regina in 18 years.

At 95 metres, River Landing could be the first building in Saskatchewan to stretch above 90 metres, soaring 11.2 metres above the Delta. Regina will answer with Capital Pointe at the corner of Victoria and Albert, which should also get underway this summer after a history of long delays. At 90 metres, it won't surpass River Landing, but it will be the tallest building in Regina.

The new era in Saskatchewan urban development began with the now nearly-complete Mosaic Potash Tower, the first high-rise in Regina in 18 years. There was a time, not so long ago, when urban development meant turning the train station into a casino.

This is the real thing, fuelled by real economic muscle, underscored by last week's news that once again, Saskatchewan's economic growth is second only to Alberta, the mighty petro-province, at 4.8 per cent for 2011.

There's another dynamic at work. Both River Landing and Capital Pointe are hotel-condominium projects, reflecting the recent Canadian trend to turning around the exodus to the suburbs. We all went off to find the yard and the white picket fence.

OK, found it. Now what? Turns out the burbs are boring.

It started in Vancouver and then Toronto caught fire, and now some of the tallest buildings in the country are hotel-condos, such as Vancouver's Living Shangri-La, at 201 metres and Toronto's Trump Tower, Toronto's second tallest building, at 257 metres. So downtown Saskatchewan still has a little room to grow.

Of course, it's not all roses. Right now, it costs you a buck an hour to rent a parking meter in downtown Regina, while the other day my credit card had a heart attack at the prospect of paying $6 an hour in downtown Vancouver. The perils of successful urbanization could be coming soon to a prairie city near you.

You can always console yourself by remembering those days when parking was the least of the city's problems.

First year of marriage a '10 out of 10'

MARTIN MEISSNER/THE ASSOCIATED PRESS FILE

Royal

Britain's sweethearts still adored worldwide

It's been a year since they declared their love for each other in the most anticipated wedding of the decade, but 12 months haven't been enough to quell the public passion for the newest royal couple.

Prince William and Kate spent their first year as newlyweds under the sort of global spotlight usually reserved for Hollywood a-listers.

The couple retreated from the spotlight after their nuptials, only to re-emerge with greater star power than ever on their first visit abroad. The newlyweds' nine-day, whirlwind tour of Canada, observers say, showed the couple off at their best.

Their more informal attitudes set the tone for the trip as they freely mingled with rapturous crowds, participated in Canadian sports such as street hockey and faced off against one another in a dragon boat race. Kate's now legendary fashion sense was also on full display as she modeled outfits from homegrown designers and even donned the national colours in honour of Canada Day.

THE CANADIAN PRESS

Anniversary

"They've covered all the bases. They've had an international trip, they've had local visits, work with charitable causes. They've engaged in their work roles admirably. I think you could really give them a 10 out of 10 when it comes to their performance over the first year."

Rafal Heydel-Mankoo
Royal commentator

Observers say:

- Much of Kate's behaviour is the result of lessons learned in the aftermath of previous broken royal marriages.
- William's mother, Diana, and former aunt, Sarah Ferguson, both complained about feeling isolated and overwhelmed in their first years of marriage to royalty. Kate has received extensive coaching on maintaining a balance between public and private responsibilities.

Weird news

Want to buy a town in Georgia? Developer looks to sell

A developer in south Georgia is looking for someone to buy a small town.

Toomsboro, a small community with about 700 residents, has one convenience store, a florist, a custom cabinet shop and a post office. The Coastal Courier reports that developer David Bumgardner, who owns many of the properties in town, is putting them on the market.

Bumgardner bought some of the properties from preservationist Bill Lucado and snagged others at an auction about a decade ago with the intention of turning Toomsboro into a quaint tourist town.

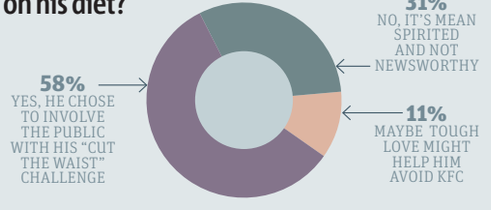
But his plans changed. Now Bumgardner and Lucado are putting the town up for sale again. Lucado thinks it would be a perfect fit for a movie production company seeking a set or a music company looking for a great venue.

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think Toronto Mayor Rob Ford should face public scrutiny when he cheats on his diet?


58%
YES, HE CHOSE TO INVOLVE THE PUBLIC WITH HIS "CUT THE WAIST" CHALLENGE
31%
NO, IT'S MEAN SPIRITED AND NOT NEWSWORTHY
11%
MAYBE TOUGH LOVE MIGHT HELP HIM AVOID KFC

Twitter

@MelissaBrie:
"@MayorFiacco: Congrats to #RPS for a great Half Marathon event. Thank you to all the volunteers. You are all awesome!" @reginapolice #yqr

@TazzyWazzyFrazz:
Congrats to all, who laced up for the #YQR #MS Walk today, representing the 3,500 individuals who are living with #MS in #Saskatchewan

@MsSaraJanelle:
Inspired by the rest of #YQR this morning! Going for a little runkski then #SundayFunday times with @amandagebhardt ! You in, @Cool_Beenz ?

@bigshmexy:
@RealAlexD Upon arrival in YQR, you should receive the douche notification devices, a pair of white shades and hitchballs #AlexIsADouche

@Tyler__Forrest:
Dear Mother Nature, This some bool-s--t! #YQR

metro
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Daniel Craig stars in Skyfall. HANDOUT

Get ready for more Bond

007 is back. Metro talks to the film's producer and star in the first of a three-part series on the upcoming Bond flick

KIERON MONKS
Metro World News in Buckinghamshire

"Not bad for a physical wreck, James," the villain taunts, as Her Majesty's finest spy rains Walther PPK bullets at him. "You should see my latest toy," he laughs, and an explosion tears through the subway station.

Welcome to Skyfall, Bond 23. At Pinewood Studios in leafy Buckinghamshire, shooting is nearly complete on the latest edition of cinema's longest-running franchise, 50 years after Dr. No introduced us to Mr. Kiss Kiss Bang Bang.

There is a sense of relief on set as, four years after Quantum of Solace, a troubled production nears a happy ending. Studio MGM's bankruptcy delayed filming for a year, an anxious wait for the cast and crew.

"It was driving us crazy," says producer Barbara Broccolli. "It would have been very disappointing not to have a film in our anniversary year. We just kept being focused and kept working."

Eventually the financial problems were resolved by a partnership with Sony, and now that the light of Skyfall's November release is in sight, James Bond himself — Daniel Craig — is feeling confident. "This sets a new benchmark," the 44-year-old said. "The talent that we managed to pool in this movie is just phenomenal."

The delay allowed time for an A-list cast to be recruited on both sides of the camera. American Beauty Oscar-winner Sam Mendes directs, with Javier Bardem and Ralph Fiennes among the new stars.

Despite the injection of heavyweight talent, Craig says fans of the all-action series need not worry the movie will be too serious. "Sam's a boy. He likes to blow shit up." Pyrotechnic sequences to watch out for include a subway train destroying an underground set and a gunfight in a hall of mirrors.

Plot details have been highly classified, but Sony has revealed that MI6 comes under attack, and that Judi Dench's M is somehow responsible.

Bardem plays the criminal mastermind Raoul Silva who leads the assault on Bond and the secret service. Advance shots reveal the targets include Bond's home — Skyfall lodge, seen for the first time in the series' history.

Typically exotic locations include Istanbul and Shanghai, and 007 will have his hands full keeping three stunning Bond girls happy. British singer Adele is likely to perform the theme song. "It would be great if she would do it," Broccolli said.

Leading ladies

Pick up tomorrow's Metro to find out what happened to some of our favourite Bond Girls from the past and we'll introduce you to 007's newest lady. Go online to metronews.ca/features for our complete look at 50 years of James Bond movies.

Cybill Shepherd stars in The Client List. CHRIS PIZZELLO/THE ASSOCIATED PRESS

Cybill Shepherd. Actress finally gets her happy ending with The Client List

Cybill Shepherd's role on The Client List is all about happy endings.

After a career as a teen model in the late '60s, she made her transition to film as the muse to boyfriend-director Peter Bogdanovich in his critically beloved The Last Picture Show, and then scored commercial and critical success again in director Elaine May's The Heartbreak Kid and Martin Scorsese's Taxi Driver.

Shepherd starred in two successful TV series, the '80s detective comedy Moonlighting and '90s sitcom Cybill.

Since then, the 62-year-old Shepherd has focused on family and work. Despite eternal leading-lady looks, she took on a blast of colourful supporting character-actor roles.

She's a regular in Lifetime's The Client List, which last weekend saw its audience grow to 2.9 million viewers, making it the network's second-highest-rated Sunday series, right behind its perennial hit Army Wives.
THE ASSOCIATED PRESS

2 SCENE

Scene in brief

Avengers living up to the buzz

The superhero saga The Avengers is living up to its blockbuster buzz with $178.4 million in overseas ticket sales days before it opens in U.S. theatres.

Domestic audiences seem to be in anticipation mode for the movie, which debuts Friday in the United States after launching in 39 other countries a week earlier.

Fans generally passed on a bunch of new flicks, leaving the ensemble comedy Think Like a Man at No. 1 domestically for the second-straight weekend with $18 million.

Four movies were bunched up for the No. 2 spot in the $11 million range: animated comedy The Pirates! Band of Misfits, romantic drama The Lucky One, blockbuster The Hunger Games, and romantic comedy The Five-Year Engagement.
THE ASSOCIATED PRESS

On the web

Glee star Chris Colfer writes his ticket in Hollywood with films, books and a Disney pilot

M. Ward poses for a photo during the SXSW Music Festival in Austin on March 13. JACK PLUNKETT/THE ASSOCIATED PRESS

M. Ward hits the road to record his first solo album in three years

A Wasteland Companion. Musician takes a different approach on his latest album, mixing live and studio recordings

For much of his career, M. Ward has recorded his solo albums pretty much the same way. So when it came time to make A Wasteland Companion, his first solo album in three years, he wanted to do something very different.

The recording sessions took the 38-year-old on a musical journey of sorts. He recorded in eight studios in places like Austin, Omaha, New York City and Bristol, England, and each new place brought him in contact with a new list of players, including long-time influences like former Sonic Youth drummer Steve Shelley and British producer John Parish.

"Everyone has their own ways of making what they do for a living exciting, ways of keeping it alive," Ward said. And for me, it's collaborations with really talented people."

Musical partnerships are nothing new for Ward. He and actress Zooey Deschanel have put out three albums as the duo She & Him and he's also a member of the Monsters of Folk project with Jim James and Conor Oberst.

Ward sat down with The Associated Press on a quiet morning before a busy run at the South By Southwest Music Conference last month to talk about his journeys and working with famous friends.

Did your busy schedule require you to record on the road?

Ward: Over the last 10 years I've (been invited) to these incredible studios all over Europe and America and I never have time to actually do it. So this was the record where I actually made the time to make that happen and just removed my security blanket of recording in the same room all the time.

I loved the process and I hope to make more records like this. I wanted to make a new kind of record that combines live record with studio record out of an experiment. I like the movement and chaos that's inferred in a live record and the unpredictability of a live record, but I love the luxuries of sound manipulation you get in the studio. So it's a new kind of record, really. I plan to make a lot more records like this, when I do make more records.

Is there any question you'd make more?

Ward: I would assume there would be more, but whenever you make a record you just never know. The world's going to end, right? Who knows?

Do you find it hard to make time for your own projects. Are you jealously guarding your solo time?

Ward: No, because I've been writing songs since I was 15, so half my life really. With She & Him, that's a really big part of my time and my life. But Zooey writes the songs for that and we work on cover songs together and I'm just the producer and guitar player. So for my own songs, they all come under the umbrella of this record. Monsters of Folk, we get together once every few years, so my records and She & Him records are the most constant sources of record production.

Was there anyone particularly inspiring?

Ward: Steve Shelley springs to mind. I've loved Sonic Youth since I was in high school so it was a dream come true to play songs with him in the studio. He's just an incredible drummer. He has a signature maraca and full drum kit sound that he can do that I've never seen anybody do. And then in England, I worked with a guy named John Parrish, who worked with PJ Harvey — incredible drummer, incredible marimba player.

THE ASSOCIATED PRESS

Don't stop believin': Doc traces singer's journey to stardom

It's been four-and-a-half years since Journey hit YouTube in search of a new lead singer. The band stumbled upon Filipino singer Arnel Pineda and after flying him to the U.S. to hear him audition, knew they had struck gold.

In the new documentary Don't Stop Believin': Everyman's Journey, viewers get a look at Pineda's life before and since achieving stardom. The singer spoke to Metro about his wild ride.

What did you think when you first saw the movie?

Pineda: I can't stand looking at myself in a movie or hearing myself singing. For me, it's too weird. I'm my worst critic. But then, a big part of me is saying, 'Look at the brighter side — this movie is going to inspire and give hope to a lot of people.' It kind of gave me the comfort zone, like, OK, the movie's not bad at all.

When you got the e-mail from guitarist Neal Schon inviting you to audition, you almost didn't take him up on his offer.

Pineda: I (didn't) believe that Neal — he's a guitar god, he's from one of the biggest bands in the world — would contact me to try out for the position of singer. It was the weirdest e-mail of all. But then it was actually him after all.

People always say you sound just like Steve Perry. Do you ever wish you had a voice that was more distinctively your own?

Pineda: Well, you know what, this is what God gave me. I can't change it. It's me who's suffering when I try to change it. So from the moment that I realized that it's not gonna change, I just went with it.

How much of your personality is infused in Journey's songs?

Pineda: I think a lot, now, because if you try to listen very carefully, Mr. Steve Perry's voice is very distinctive. You know it's his voice when you hear it, even from afar, and not mine.

So I think I was able to put a new twist on Journey's legacy songs and then the new ones that we recorded together.

You talk at length in the film about struggling with addiction. Was that difficult to discuss?

Pineda: No. Those things, which almost destroyed my voice, I'm not uncomfortable talking about. I'm actually comfortable and I am more confident talking about it because I want the young generation to know what drugs can do to you.

But what if it sends the opposite message, since you're now a superstar?

Pineda: No, I'm not a superstar, c'mon. I think we should always be aware of our surroundings and we should really listen to our parents.

And if we truly, truly believe that we are going somewhere because of our talent or because of our dreams, you're gonna get there as long as you believe in yourself. There shouldn't be anything in this world that should stop you.

What do you want viewers to take away from the film?

Pineda: Well, faith. Keep the faith and then never, never, never disregard yourself as a loser, because each and every one of us always wins in the end. As long as you side (with) the good side, you always win. MEREDITH ENGEL/METRO

Musicians Neal Schon, Jonathan Cain and Arnel Pineda of Journey attend the Don't Stop Believin': Everyman's Journey premiere during the 2012 Tribeca Film Festival in New York on April 19. CRAIG BARRITT/GETTY IMAGES

The Word

A weekend of renewing wedding vows, celebrity-style

THE WORD
Dorothy Robinson
scene@metronews.ca

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Are you a celebrity couple who needs a good reason to send out a press release? But you don't feel like 1) Announcing a pregnancy or 2) Getting a divorce? Then just renew your wedding vows! It's a surefire way to get some attention thrown your way.

First up this weekend? Mariah Carey and Nick Cannon renewed their vows Friday at the Eiffel Tower in Paris. Spokeswoman Cindi Berger said the couple celebrated with an "intimate ceremony after a romantic dinner at the beautiful Jules Verne restaurant." I love how "intimate" these days refers to having a hoard of photographers on the scene — as well as a publicist.

Not to be outdone, LeAnn Rimes and Eddie Cibrian renewed their vows on a romantic trip to Calabasas, Calif., on Friday.

"We renewed our vows today ... it's incredible to thank each other for the past year as husband and wife," Rimes tweeted. "Here's to another great year!"

You know, it's probably bad form to be so cynical. After all, with the way Hollywood marriages last, recognizing any amount of time together without getting divorced should be celebrated.

Why Charlize is still single

Ever wonder why a stunner like Charlize Theron is still single? She (jokingly) blames Tom Hanks and Daryl Hannah (as well as the state of the movie-making industry) for a lack of a wedding ring.

"If I knew that 3D was going to be such a big deal, I would have gotten that boob job 10 years ago," Theron quipped while accepting a Distinguished Decade of Achievement in Film award at CinemaCon last week, according to Us Weekly. She also took a moment to celebrate the power of movies.

"I think we really learn from these stories," she said. "I mean, I learned everything about love watching Splash. That's why I'm still single, so thanks, Tom Hanks and Daryl Hannah for that."

Bieber's comments land him in trouble

Justin Bieber is under fire in Indonesia after some offhand remarks he made about the country, where he recorded a track on his new album.

During an event in London last week, Bieber said the song was recorded in "some random country" where "they didn't know what they were doing." And now folks in Indonesia are striking back: this weekend, North Sumatra teen pop radio station KISS 105 FM banned Bieber's music, according to the Jakarta Post.

"His tone was very condescending and he is just a 19-year-old boy. This is a country with more than 200 million citizens," Kiss FM executive producer Anggi Simanjuntak says, while one of the station's on-air personalities says the ban would be lifted if Bieber "apologized in a sweet manner and promised not to say such things about Indonesia again."

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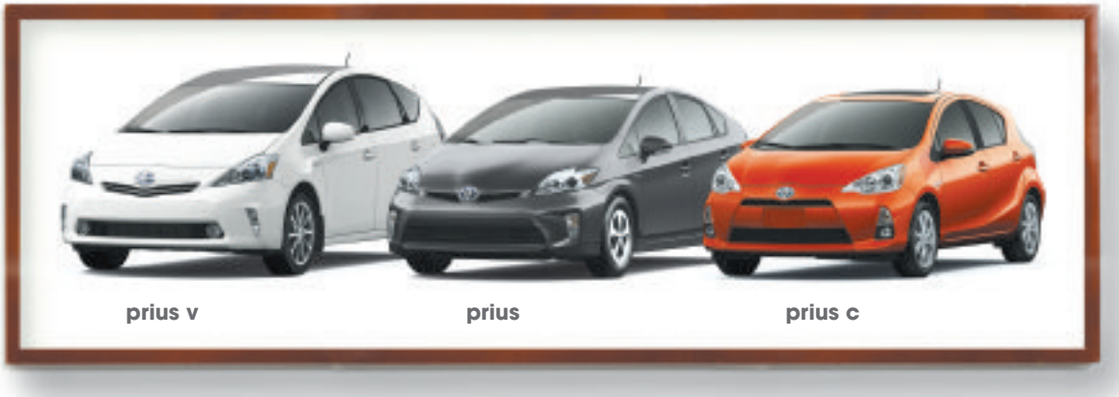

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*no purchase necessary. contest closes May 13, 2012. to register and for full contest details visit www.metronews.ca/pickyourpriuscontest.

3 LIFE

Guidelines

Cancer survivors

The American Cancer Society is recommending that cancer survivors exercise more and improve their diets to help prevent the disease from coming back.

On Thursday, the society released new guidelines, saying there's now enough evidence to strongly recommend physical activity and better nutrition for survivors. The message: For many cancers, maintaining a healthy weight, exercising and eating a healthy diet can reduce the risk that cancer will return.

At least two other organizations have issued similar advice.

THE CANADIAN PRESS

On the Web

University creates splash in medical world with new surgery simulation centre

Use websites as a tool to foster activities, not as a babysitter, says Krista Swanson of yummymummyclub.ca. ISTOCK

Clicking for little hands

Internet. More websites are being geared to children

DELIA MACPHERSON
Metro News

Are they safe? Are they educational? Do we really want to encourage our kids to hang out in front of a computer screen all day?

Krista Swanson, a blogger for yummymummyclub.ca, says computing for a kid is a new reality.

"We can't say kids 'shouldn't' be on the computer because other kids are," says Swanson, "As long as you know they're safe."

The mother of a five-year-old boy says she stills thinks parents should "limit screen time."

And there really is no "right" amount of time either, says Swanson.

Parents have to know their kids and their kids' limits to determine a healthy amount of time to be in front of a computer, she adds.

It's easy for kids to become obsessed with an activity if they really like it, be it reading, sports or surfing the web, Swanson says

"When they are on the computer, you don't just walk away," says Swanson. "Use it as a tool to build conversations or foster activities. Don't just use it as a babysitter."

One kids' website that meets Swanson's approval is totallyrandom.ca, a new (and Canadian!) site targeting kids aged seven to 11.

"Totally Random introduces kids to editing digital media and safe social networking," says Chelsea O'Connor, the production manager for totallyrandom.ca. "We give the kids challenges on the website so they have a starting point for their creativity."

The site combines television broadcasts hosted by three kids with interactive computer gaming.

Kids create a profile with an avatar name and animation. They have access to a number of creative tools to create and edit artwork, or they can watch Totally Random "episodes" online.

Swanson says totallyrandom.ca is colourful and easy for kids to figure out.

"One of the great things about Totally Random is there's no way for them to accidentally click off the site," says Swanson. "Some of the more 'cheaply done' sites have advertisements that may not apply to kids.

Even if some of the games kids end up playing on the computer are mindless, Swanson says there is educational value in everything. Kids are still practicing motor skills by interacting with the computer and mouse, the same way they might learn those skills from playing board games.

Pop culture's part in picking baby's name

The buzz surrounding some of pop culture's hottest trends has trickled down to 2012's growing list of hot baby names.

Nameberry analyzed more than three million views of the site's individual name pages so far in 2012, then compared the numbers with this time last year. A handful of names have jumped in status and are on a path to being some of the year's most popular choices on the part of new parents. You'll surely recognize them.

1. Rue — the lovable underdog who met her fate at age 12 in The Hunger Games has succeeded in more than just winning our hearts. We're now naming our babies after her.

2. Emmett and other "-ett" names. "Think of -ett at the newest "it" ending for boys' names," Nameberry says. Let's not forget it's also the name of one of Twilight's sexiest vampires, Emmett Cullen.

3. Ivy. Made famous by the equally famous infant daughter of two of the world's most famous music stars. Beyoncé and Jay-Z's daughter, Blue Ivy Carter, made headlines as soon as she came into this world, both for her unique celebrity name and for the ridiculous way her parents commandeered an entire floor of the maternity ward.

4. Weston, Wesley, and West. The age old debate between the West and East coasts seems to be settled, at least when it comes to baby names. Jenna Fischer from The Office led the trend when she named her son Weston.

5. Adele. A rather old-fashioned name made popular once again with the rise of Grammy award-winning singer Adele. But unlike most of the girls who are named Adele, the starlet vocalist dropped her last name.

THE ASSOCIATED PRESS

The outside world is influencing baby names. ISTOCK

Deep-fried-vegetarian delights make perfect appy

This recipe serves six as a starter. THE CANADIAN PRESS HANDOUT

Blue Cheese Fritters.

Serve these tasty bites hot with salad and a fruit coulis

A fritter is food, either savoury or sweet, that has been coated in batter and deep-fried.

These blue cheese fritters are best when they're served hot with salad leaves and a fruit coulis.

If you're serving this Blue Cheese Fritters recipe as a main dish, it'll make enough fritters for four people.

1. In a medium pan, add water and butter and bring to a boil; stir in flour, beating well until mixture forms a thick consistency which starts to coat the sides of the pan.

2. Remove from heat and gradually beat in eggs. Let cool until just warm and then add cheeses and seasoning.

3. Heat sufficient oil to allow for deep frying, then drop spoonfuls of batter into hot oil and cook until puffed and golden. Cook up to 4 fritters at a time.

4. Drain and serve hot.

THE CANADIAN PRESS/ROSENBORG CASTELLO, ROSENBORG.COM

Ingredients

- 300 ml (1 1/4 cups) water
- 125 ml plus 15 ml (1/2 cup plus 1 tbsp) butter
- 250 ml (1 cup) all-purpose flour, sifted
- 3 eggs, beaten
- 100 g (3 1/2 oz) mellow blue cheese, roughly chopped
- 100 g (3 1/2 oz) fontina cheese, grated
- Salt and black pepper, to taste
- Oil, for frying

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Sometimes, the choice we think is healthy is quite the opposite. That's often the case with soups, which tend to hide their fat content in their titles.

Druxy's Tomato Red Pepper Bisque

350 calories/ 24 g fat
Tomatoes and red peppers are healthy, but chances are there's added cream, butter or oil to account for the calories and fat.

Equivalent

One Druxy's Tomato Red Pepper Bisque is equal to four McCain three-cheese mini pizzas in fat.

Beef Chili

204 calories/ 3 g fat
Normally, beef chili has excess calories and fat but Druxy's uses more vegetables than beef, making this a great lunch item.

Fritter, fritter pumpkin eater

1. Set oven to 350°F (190°C). Split squash width-wise and scrape out seeds. Drizzle each half with olive oil, and sprinkle with chili flakes, a pinch of salt and pepper and let sit for 20 minutes.

2. Meanwhile, stab each potato four times around with a fork. Line another sheet pan with the cup of salt and place the potatoes on top. Place squash face-down on a parchment lined sheet tray.

3. Bake both squash and potatoes in the oven for one hour or until soft. Remove from the oven, carefully split open potatoes lengthwise to steam, and allow all to cool completely.

4. When cool, scoop out squash and potato into bowl and add sage, Parmesan, cheddar, egg and lemon zest, and season with salt and pepper. Combine thoroughly; a chunky texture is fine.

5. Prepare fritters for frying. Set up three bowls and one parchment lined sheet tray. In one bowl, whisk together eggs; place almonds and flour separately in two other bowls.

6. With a large spoon, take about 2 tbsp (30 mL) of squash mixture and form an oval; dredge with flour, dip in egg and roll in almonds before placing onto the sheet pan. Repeat with remaining squash and refrigerate until ready to fry.

7. In a deep, heavy bottomed pan, heat oil to 300°F (150°C) and carefully pan fry the fritters until golden brown on each side, approximately 2 ½ minutes each side. Remove from oil and drain on paper towel and sprinkle with a pinch of salt. Serve hot on a small bed of microgreens with or without sauce.

8. Sauce: In a bowl, thoroughly combine all ingredients. Store refrigerated in an airtight container for at least one day before serving. Mix thoroughly before serving.

NEWS CANADA

Ingredients

Almond Crusted Pumpkin Fritters

- Squash (1 small raw)
- 1/2 lb (227 g) cooked russet potato (1 large raw)
- 2 tbsp (30 mL) extra virgin olive oil
- 1 tbsp (15 mL) crushed chili flake
- 1 cup (250 mL) salt
- 3 tbsp (45 mL) chopped sage
- 1 oz (30 g) grated parmesan
- 1 oz (30 g) grated cheddar
- 1 egg yolk
- zest of half a lemon
- 4 eggs
- 1 1/2 cup (375 mL) all purpose flour
- 1 1/2 cup (375 mL) toasted crushed almonds
- salt and pepper, to taste
- 1 bag microgreens

Almond Crusted Pumpkin Fritter Sauce

- 1/2 cup (125 mL) sour cream
- 1/4 tsp (1 mL) finely chopped Thai chili
- 2 tbsp (30 mL) chopped chives
- 1 tbsp (15 mL) lemon zest
- 1 1/2 tsp (7 mL) lemon juice
- 2 tsp (10 mL) maple syrup
- 1 tsp (5 mL) kosher salt
- 1/2 tsp (2 mL) cracked black pepper

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Queen of Green

Scrubbing away toxins

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

My kid likes to drink the bathwater. I'm concerned about the cleaning products I use to clean the tub. What's the safest option?
Laura — Victoria

It's time to end toxic relationships with your cleaners and I can help. Join me at springbreakup.ca!

Fact: Phthalates, chlorine bleach, ammonia, sodium laureth sulphate, ethoxylated alcohols and fragrance are all commonly found in household cleaners and are linked to a range of health issues, including asthma, cancer, allergies and multiple chemical sensitivities.

Repeated exposure to small amounts of these chemicals can cause long-term health problems. Kids are especially vulnerable.

Here are five tips to help you make safer product choices:

Read the label.

Avoid hazard symbols whenever possible. Opt for products with ingredients disclosed on the label, and check for chemicals of concern. When companies won't disclose what's in their products, it makes you wonder what they have to hide.

Go fragrance-free.

Fragrance is a mix of chemicals that can trigger allergies, migraines and asthma symptoms.

Avoid dyes.

Most dyes are derived from petrochemicals—an unnecessary addition.

Choose eco-friendly cleaners.

Green options contain no ingredients that could be harmful to your health or the environment.

They're readily biodegradable — in less than 28 days — and contain no phosphates or phthalates. And, they use plant-based rather than petroleum-based ingredients.

Make your own.

The best way to know what's in your cleaning products is to make them yourself.

Tested by the Queen of Green, my homemade cleaners are versatile, affordable and eco-friendly. And many ingredients are food-grade.

All-purpose scour recipe (a non-abrasive for tubs, tiles, sinks and more).

Combine 1 and 2/3 cup of baking soda (cheapest when bought in bulk), ½ cup liquid castile soap, ½ cup of water and 2 tablespoons of white vinegar. Mix and apply with cloth or sponge and rinse well.

A sweet way to sustain Africa

Chocolatey charity. Cadbury rallying Canadians to help send bicycles to those who need them most

BEN KNIGHT
life@metronews.ca

A little thing here can make a huge difference somewhere else.

That's the simple thought behind The Bicycle Factory, an innovative plan by Cadbury to send bicycles to Africa.

"We rally Canadians to help build bicycles for rural cocoa-growing communities in Ghana," says Aditi Burman, senior promotions manager at Kraft Foods, parent company of Cadbury.

"It's an interactive website — thebicyclefactory.ca — and what people do is they click on Cadbury product icons and turn them into bike parts. Every 100 parts turn into a real bike, until we reach this year's goal of 5,000 bikes."

The idea is to help sustain the farming communities that grow the most essential raw material for Cadbury's chocolate.

"The bikes go to middle-school students who live three-to-ten kilometres away from their school," she explains.

"So it actually helps to increase access to education. These students are at the highest risk of dropping out of school, because they live too far away. Cadbury has been very active in Ghana, to help the communities in many different ways."

Often, we think of sustainability in terms of natural resources. Here's a chance to apply that same important principle directly to the future of some bright, clever, curious kids.

"It's a different, deeper level of sustainability. What we ultimately want to do is sustain the livelihood of our cocoa growers. This is another way in which we can do it."

Burman notes that a bicycle means something very different in Ghana than it does here in Canada.

"Canadians think about bikes for fun, fitness and fresh air, and they're great for the environment, of course. Our relation with bikes is really as an alternative to a car. But in places like rural Africa, bikes are actually an alternative to walking. It's a basic mobility issue."

One lucky Bicycle Factory builder will have a chance to experience all this first-hand.

"The grand prize is that someone will actually have the chance to deliver the bicycles in Ghana. There's a lot of fun things going on."

To get involved visit: thebicyclefactory.ca.

By the numbers

13,000

The number of badly needed bicycles Cadbury's Bicycle Factory has delivered to youngsters in Ghana since 2009.

Bicycles give students in Ghana better access to schools. Get involved and donate a bike. HANDOUT

Finding success in the sunshine

Quebec to the Caribbean. Pierre Ferland has arrived

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Pierre Ferland smiles as he walks through his restaurant in St. Maarten, greeting and talking to customers in English and French. He waves to the police chief who has come in for lunch and stops to help a busy waiter.

Pineapple Pete's is an island hotspot.

Born on a farm outside of Quebec City, Pierre started his own business at the age of nine selling fishing worms, and with his savings went on to put himself through university.

With a love for the hospitality industry his travels took him all the way to the Caribbean.

"It was a feeling when I landed. I just loved St. Maarten".

The year was 1996 and today he is the proud owner of five businesses on the island employing over 80 people.

"Self-discipline is the only thing that will get you through. You also have to learn how to control being homesick so I fly home a lot," he says with a smile.

Ferland also gives back to the island supporting local churches, charities, sports teams, musicians and authors.

"I was helped, so now I give back because I like to see people succeed."

Tricks of the travel

"Self-discipline is the only thing that will get you through. You also have to learn how to control being homesick so I fly home a lot."
Pierre Ferland

Pierre Ferland is affectionally referred to as Head Pineapple by his staff. CONTRIBUTED

World wise

On being successful in another country:

- Do your homework and learn about the market, the labour force, work permits and taxes.
- Choose a business you have experience in because you can't rely on someone to run it for you.
- Check your supplies and adapt to what you can get in your geographic region.
- Have self-discipline and stay away from tourist temptations like gambling and drugs.
- Balance your family life with work. I give 200 per cent every time I'm here but I have two kids and I just want to be a perfect dad.

Schools are starting to think outside the books when it comes to summer courses

Brainy on the beach? Having to learn during the warm summer months is getting slightly easier

JUDY WEIGHTMAN
Metro World News in Philadelphia

Because most people have other things they want — or need — to do in summer besides attend class, most schools offer a variety of ways to take summer courses.

"Summer is not part of the traditional school calendar," says Margi Wallace, director of the Center for Summer Learning at Arcadia University in Pennsylvania.

"But there's been a real paradigm shift to going to school year-round. Whether you want to catch up, stay on track or get ahead, taking a summer course may be the answer."

There are a variety of options:

You don't necessarily have to be stuck at a desk this coming summer. D SHARON PRUITT/FLICKR

Accelerated classes

Accelerated classes are in-person classes that complete a semester's worth of material in seven weeks, meeting either more days per week or more hours per class.

Most schools offer two or three summer terms.

If you start a course in May, you can be done by the end of June, and still have two months of summer for working or travel.

Hybrid sessions

Hybrid classes combine in-person sessions — usually at the beginning of the term —with online assignments.

If you've never taken an online course, Wallace recommends starting out with a hybrid. "Online requires a lot of discipline, even more so in a seven-week term," he says.

"Hybrid courses offer both convenience and structure."

Knowledge via the net

Web-based

- Online classes enable you to head down to the shore for the summer and still take a class. With online classes, you can do your school work at midnight or at noon, whatever works for your schedule.

4
SPORTS

Olympics

Lifetime doping bans 'unlawful'

A person familiar with the ruling said Sunday that Britain's last attempt to keep former doping offenders off its Olympic teams has failed, with the Court of Arbitration for Sport declaring the lifetime bans unlawful. THE ASSOCIATED PRESS

MLB

Encarncion powers Jays past Mariners

Edwin Encarnacion homered for the third straight day and Henderson Alvarez pitched six-plus innings for his first win of the season as the Toronto Blue Jays defeated the Seattle Mariners 7-2 on Sunday at Rogers Centre. Encarnacion hit a grand slam Saturday and a solo shot Friday. THE CANADIAN PRESS

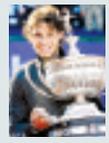
Edwin Encarncion
ABELIMAGES/GETTY IMAGES

NBA

Parker's offence leads Spurs to win

Tony Parker scored 28 points and the San Antonio Spurs won their first playoff opener in four years, beating the Utah Jazz 106-91 in Game 1 of their first-round series Sunday.
THE ASSOCIATED PRESS

Tennis



"This is the hardest match I had on clay court this season."

Rafael Nadal, who became the first player in the Open Era to win two tournaments seven times after beating David Ferrer 7-6 (1), 7-5 in Sunday's Barcelona Open final.

Briere kicks it into high gear

NHL. Crafty centre's legend in Philadelphia continues to grow after coming through for Flyers in overtime

Game 1

Flyers	Devils
4	3

Danny Briere had two chances to celebrate his overtime winner.

The first time, his goal didn't count.

The second time, Briere left no doubt and put away Game 1, once and for all.

Briere continued to stamp his name alongside Philadelphia's post-season greats, scoring the winning goal 4:36 into overtime, leading the Flyers to a 4-3 win over the New Jersey Devils on Sunday to open this Eastern Conference semifinal series.

"He has his ups and downs, but he just picks it up in the playoffs. And that's what matters," Flyers coach Peter Laviolette said. "He's a guy who consistently gets it done."

Indeed, no Flyer is as clutch in the post-season as Briere.

His second attempt at the winner came minutes after his earlier goal was overturned on review because he kicked the puck into the net. But he wasted no time making up for it, firing a slapper past Martin Brodeur for his seventh goal of the playoffs. Brodeur was screened in front by Philadelphia forward James van Riemsdyk.

"When you look at the replay, it's kind of obvious," Briere said of the reversal. "But I needed to stop pouting and get back my focus in overtime. I ended up getting a break."

In doing so, Briere, who also scored in the second period, now has 106 points in 104 career post-season games.

"Is it pressure? I think it's fun," he said of playoff hockey. "When I have the opportunity, like I've had the past few years here, I try to take advantage of the opportunities."

The Flyers took the series lead in their first game in a week after eliminating Pittsburgh in Game 6 last Sunday. The weary Devils, meanwhile, played their third consecutive overtime game after defeating Florida in Games 6 and 7 to win their first-round series.

"I thought we played real well in the first," New Jersey coach Peter DeBoer said. "We just couldn't keep it up."
THE ASSOCIATED PRESS

Flyers centre Danny Briere celebrates his overtime goal against the Devils on Sunday in Philadelphia. ALEX BRANDON/THE ASSOCIATED PRESS

Between the pipes

Bryzgalov tops Brodeur in opener

Flyers fans who have suffered through decades of goaltending woes took great delight in chanting "Mar-ty! Mar-ty!" at goaltender Martin Brodeur.

The three-time Stanley Cup champion has faced the Flyers four other times in the post-season, winning two.

Opposing Brodeur was Ilya Bryzgalov, who had two shutouts and won all three starts versus the Devils in the regular season. He allowed one goal on 76 shots.

Bryzgalov made 23 saves to Brodeur's 32 in Game 1.

Brodeur will celebrate his 40th birthday next Sunday when the teams play Game 4 in New Jersey.
THE ASSOCIATED PRESS

NBA

Bulls GM OK with decision to leave Rose in game

Chicago Bulls GM Gar Forman is backing coach Tom Thibodeau, saying he had no problem with the decision to stick with Derrick Rose late in the playoff opener against Philadelphia. Forman said Sunday there is "absolutely no issue there," even though the NBA's reigning MVP Rose suffered a season-ending tear of the ACL in his left knee with about 1:20 left in Saturday's 103-91 win. THE ASSOCIATED PRESS

On the web

Washington's Alexander Semin, who was stellar in a first-round upset of the Boston Bruins, skated on the fourth line in practice on Sunday after taking some ill-advised penalties in the Capitals Game 1 loss to the New York Rangers. Scan the code for the story.

Curling. Canadian team bows out in quarter-final

Sweden jumped out to an early lead and never looked back Sunday in beating Canada 10-1 in quarter-final action at the world mixed doubles curling championship in Erzurum, Turkey.

Per Noreen and Camilla Johansson jumped out to a 5-0 advantage on Regina's Dean Hicke and Chantelle Eberle.

Switzerland went on to beat Sweden for gold 7-6 after advancing past the United States 9-7 in the semifinals. Sweden followed its win over Canada with a 13-3 rout of Austria.

Hicke and Eberle missed key shots and scored their only point of the game in the fifth end.

"They just made everything and we just missed everything," Eberle said.

Hicke said the Canadian team could never get on track.

"They played good, better than good, they played great. We just didn't. The ice was a bit straighter on us. We just had an awful time following them in behind the centre guard," he said. "It just seemed to be end after end and perfect shots by them and not so good shots by us." THE CANADIAN PRESS

IndyCar

Will power rules streets of Brazil

Will Power had a flawless race to win IndyCar's Sao Paulo 300 for the third straight time on Sunday, extending his dominance on the streets of South America's biggest city.

The Australian was hardly challenged at the four-kilometre, 11-turn Anhembi circuit, taking control of the race from the start to finish.

"I think I love Brazil, I love Sao Paulo," Power said after climbing out of his car.
THE ASSOCIATED PRESS

Golf. Dufner tops Els in playoff at Zurich Classic

Jason Dufner beat Ernie Els with a birdie on the second hole of a playoff Sunday at the Zurich Classic.

After entering the fourth round with a two-shot lead, Dufner shot a 2-under 70 at TPC Louisiana. Els had a 67 to match Dufner at 19-under 269.

After both players missed birdie putts within on the 18th, they went back to the 18th tee for the second extra hole, which Dufner won by hitting the green in two strokes and tapping home a short birdie putt.
THE ASSOCIATED PRESS

In the running

Graham DeLaet of Weyburn, Sask., entered the final round two strokes back of the lead.

- He bogeyed on the fourth hole, but birdied on the 10th and 18th to finish tied for fourth at 16 under 272.

Graham DeLaet. GETTY IMAGES

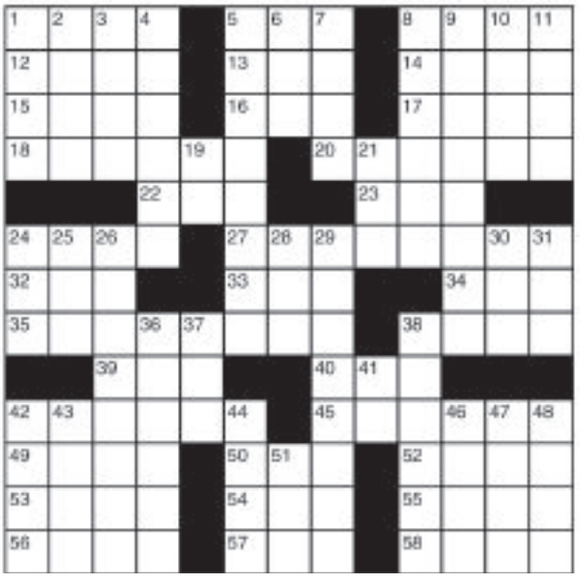
Crossword

Across

1 Radio's Limbaugh
5 Tackle moguls
8 Scratches (out)
12 Sweet sandwich
13 Stashed
14 Wield the shears
15 Poi base
16 Praise in verse
17 Dagwood's boss's wife
18 Reverend, e.g.
20 Long-legged shorebird
22 Request
23 Annoy
24 Youngest
27 List-condensing phrase
32 Web address
33 Kind of pron.
34 Operated
35 "She — Conquer"
38 "SportsCenter" channel
39 IRS worker
40 Western st.
42 Dervishes
45 Jacks
49 Cruising
50 Idolater's emotion
52 Up to
53 Gossip
54 Supporting
55 Otherwise
56 Relaxation
57 USNA grad
58 Out of play

Down

1 Coll. mil. org.
2 Caspian Sea feeder
3 Withered
4 "Yippee!"
5 Lurid novels
6 Tease
7 Concept
8 Date, e.g.
9 Door hardware
10 Green land
11 Lovers' quarrel
19 "— not!"
21 Compete
24 Clear the tables
25 Illustrations
26 Ball-carrier's allies
28 Asian holiday
29 1995 Harvey Keitel movie
30 Eminem's genre
31 Raggedy one?
36 Narcotic
37 Standard
38 On cloud nine
41 Indefinite article
42 Disappear gradually
43 Actress Argento
44 Out of harm's way
46 Gross
47 Couturier Schiaparelli
48 Coaster
51 Took the trophy



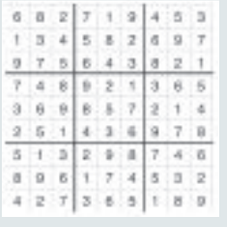
Sudoku

	4				2	1	9	
		8					3	5
				8		2		4
			9	6				7
	7						1	
2				1	3			
7		6		5				
4	9					3		
	3	5	6				7	

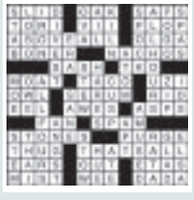
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Friday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

YT M IJQSMYZ PYZE YZBSQFRJZS PJQJ EJIVMQJE DTT-VYRYSB, PDFVE YS LJ TDQLYEEJZ TVFSJ?

Yesterday's Cryptoquip: DURING THEIR COSMIC OUTINGS, THE THIRSTY ALIENS LIKED TO MAKE A STOP BY THE SPACE BAR.

Today's Cryptoquip Clue: T equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You don't much like taking orders but if you are smart you will do what someone in authority tells you today.

Taurus | April 21 - May 21. Sometimes it's hard to know who to trust, especially when different people give you vastly conflicting advice.

Gemini | May 22 - June 20. You will rise to whatever challenges fate sends your way.

Cancer | June 21 - July 22. Listen to what other people tell you today, even if – especially if – it's not something you are happy to hear.

Leo | July 23 - Aug. 22. You may be good at something and rightly proud of your talent but don't start thinking you are the best in the business.

Virgo | Aug. 23 - Sept. 22. It may seem as if someone in authority is giving you a hard time for no good reason but from their point of view they have every reason to be annoyed.

Libra | Sept. 23 - Oct. 22. Promise yourself that you will not get involved in any kind of argument or dispute today.

Scorpio | Oct. 23 - Nov. 21. Are you thinking with your heart or are you thinking with your head?

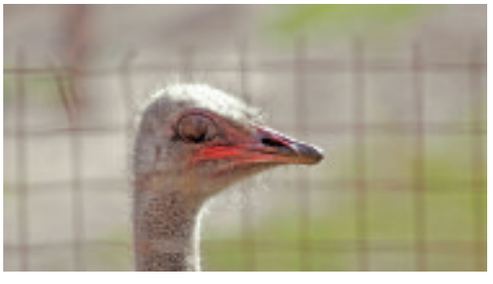
Sagittarius | Nov. 22 - Dec. 21. If a partnership is not working out the way you hoped, maybe you have been expecting too much of it.

Capricorn | Dec. 22 - Jan 20. It might be best to keep certain thoughts to yourself, especially if they are the kind of thoughts that could get you into trouble with the powers that be!

Aquarius | Jan. 21 - Feb 18. Keep telling yourself that no matter what certain people are saying and no matter how much they doubt your abilities you are on the right track.

Pisces | Feb. 19 - March 20. What's done is done and cannot be undone, so forget about the past and look to the future.

SALLY BROMPTON

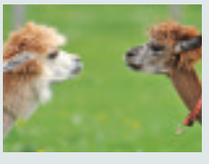


Caption Contest

I feel like I have been Ostricized.
Peter

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

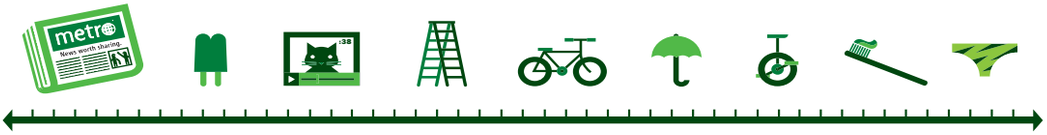
Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability



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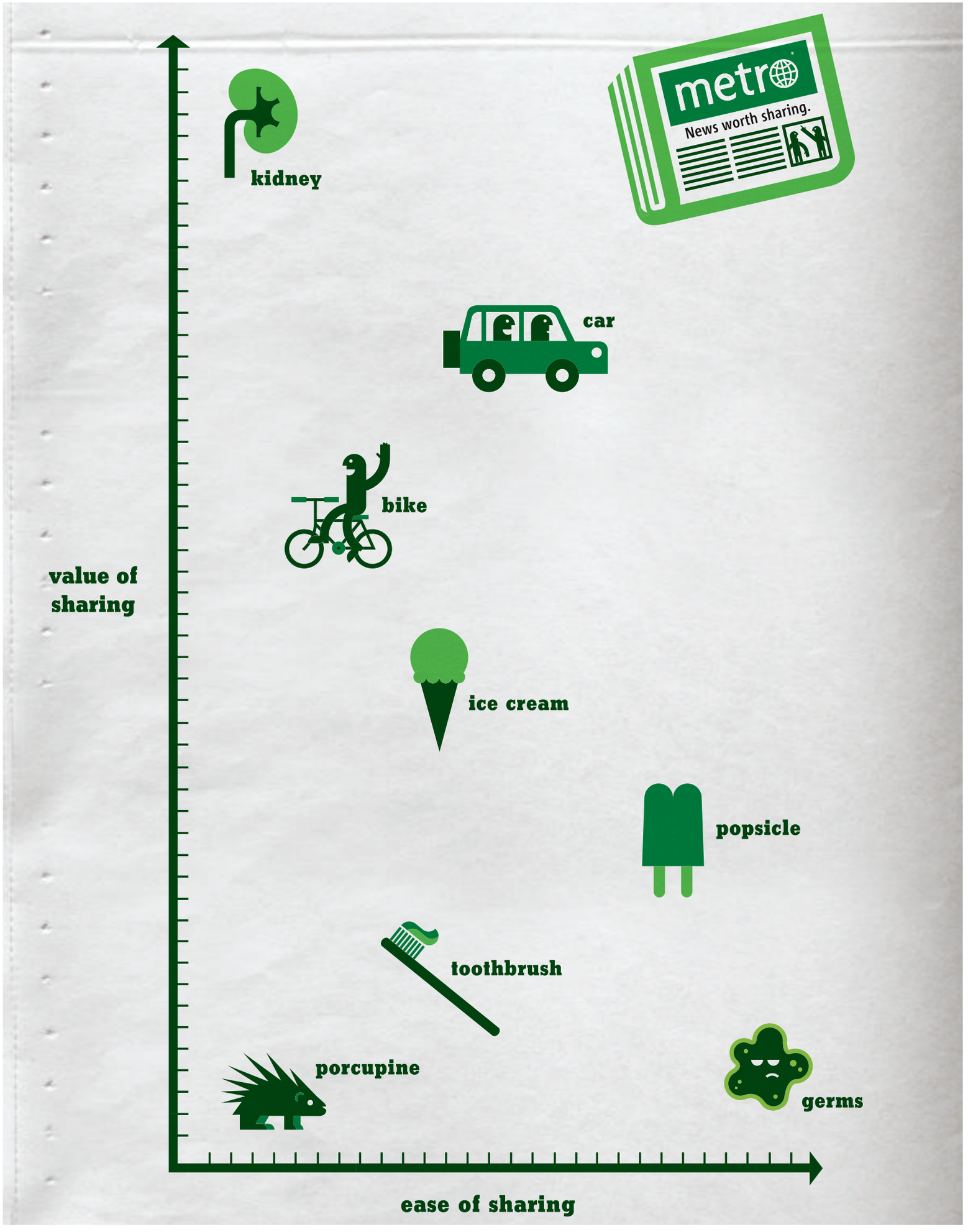
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